



Healthy Eating Policy

Introduction

As a Health Promoting Nursery, Little Crickets is committed to encouraging and developing positive attitudes towards food and a healthy diet. In accordance with the EYFS Framework and Birth to Five, promoting a healthy lifestyle is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

- As a Nursery we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes, and experiences with each other.

We believe that adults (staff, parents, and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

This policy states the ways in which our nursery community supports children to develop the skills and attitudes that will help them make informed healthy choices both in and out of school.

We recognise that it is important for the nursery to use consistent messages around healthy eating. Therefore, our message is:

- Healthy eating does not mean NO treats, but it does mean having them at appropriate times and not too often.

1. Aims and Objectives

1.1 To improve the health of pupils, staff, and the whole nursery community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.

1.2 To ensure pupils are well nourished at nursery and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the day.

1.3 To ensure that food provision in the nursery acknowledges the ethical and medical requirements of staff and pupils e.g., religious, vegetarian, medical and allergenic needs.

1.4 To introduce and promote practices within the school to reinforce these aims.

2. Organisation - Curriculum

2.1 We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.

2.2 Healthy eating education forms an important part of our curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through the Early Years Curriculum and the Physical Education Curriculum.

2.3 All children have the opportunity to learn about safe food preparation and to learn about where food has come from. Children learn about the requirements for plant growth, the food chain and the components of a healthy diet through the curriculum as well as hands on practice and food hygiene during cookery lessons and PSHE lessons.

2.4 Children participate in organised Healthy lifestyle activities, where children find out more about keeping a healthy balanced diet and exercise regime and its effects on our body.

3. Organisation – Management of Eating

3.1 Children in the nursery will be offered a piece of fruit as part of their daily snack times.

3.2 All children in nursery an option to have semi skimmed milk.

3.3 All children in the nursery are encouraged to bring in a water bottle so they can have access to water throughout the day. Fresh drinking water is always available.

3.4 We serve a deconstructed menu to allow children the widest possible choice of meals. They can choose from a hot selection, a salad bar option with choices of carbohydrate. This enables children to build understanding of ingredients, nutrition and content of a healthy plate.

3.6 Because we recognise that there is no such thing as “bad food”, we teach the children to enjoy treats in moderation.

3.7 Birthdays, and special events such a Christmas parties are also times where food contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may be offered, but the staff will remind the children that this is an “occasional” treat and not “everyday food”.

3.8 The nursery community is aware of the possibility of food allergies within our population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be given to member of staff that has he child in their classroom and in the school kitchen.

3.9 Portion – no child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to “try a little bit more” if they can so they are not hungry later on in the day.

4. School Meals

4.1 The hot meals service is cooked onsite by our chef. Each day a choice of a main meal, vegetarian meal, salad, bread and fresh fruit are offered as possible choices to sit alongside the meals delivered.

4.2 The weekly lunch menu is available on the parent portal for parents and children to discuss meal choices, this rotates on a 3 weekly cycle.

5. School Dinners – Organisation

5.1 At Little Crickets we:



- Respect our pupils as individuals with preferences for what they like to eat.
- Give the children time and space to eat in a calm and attractive environment.
- Help them to see that enjoying food and eating meals with others contributes to a happy lifestyle.
- Encourage them to find out more about achieving a healthy balance.
- Promote food to other children and parents.

5.2 The nursery room where children eat is well staffed with staff who assist the children in a variety of ways such as opening yogurt lids or keeping table surfaces clean and tidy.

5.3 The tables and chairs are comfortable and attractive and allow for the pupils to sit in friendship groups promoting the idea that lunch times are a happy, social occasion.

5.4 Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. This will be achieved by:

- Sitting with other children.
- Being encouraged to try a wide range of foods at lunchtimes to develop a taste for a greater variety of foods and achieve a balanced diet.
- Parents or carers will be advised if their child is not eating well
- Demonstrating good manners in the hall e.g., using quiet partner voices and saying “please” and “thank you” to the cook, staff and other pupils
- Seeking permission from a teacher on duty before leaving the table.

6. The role of Nursery staff and Headteacher

6.1 It is the responsibility of the staff that parents are informed about the healthy eating policy, and that the policy is implemented effectively.

6.2 It is the Headteacher’s role to ensure that staff are given sufficient training, so that they can teach effectively.

6.3 Staff liaise with external agencies regarding the healthy eating education programme and ensures that all adults who work with children on these issues are aware of the school policy and work within this framework.

6.4 Staff monitor teaching and learning about healthy eating. They oversees the content in planning so that all pupils have the opportunity to learn about healthy eating.

6.5 The Headteacher encourages positive role models amongst the staff by encouraging healthy options for staff.

7. The role of Parents:

7.1 The school is aware that the primary role model in children’s healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective, we will:



- Inform parents about the school healthy eating education policy and practice.
- Encourage parents to be involved in reviewing school policy and making modifications to it as necessary. We do this through our annual parent questionnaire.
- Inform parents about the best practice known about healthy eating so that the parents can support the key messages being given to children at school.

8. Monitoring and Evaluation:

8.1 The effective implementation of this policy will be monitored by the Headteacher.

8.2 The policy will be evaluated on a yearly cycle.

Reviewed By – Shirley Offer and Sally Cox

Review Date – August 2024

Next Review – August 2025